

Falafel with Yogurt Sandwich

Yield 4 servings

Ingredients

| | |
|--------------|--|
| 1 cup | dry garbanzo beans (chick peas, sorted and rinsed) |
| 3 cups | water |
| 1/4 cup | oil |
| 1 | garlic (clove, crushed) |
| 1 | onion (large, chopped) |
| 1 | parsley (sprig, chopped) |
| 1/4 teaspoon | salt |
| 2 teaspoons | lemon juice |
| 1/3 teaspoon | hot pepper sauce |
| 1 cup | plain yogurt (low-fat) |
| 1 | onion (small, chopped) |
| 4 | Pita bread (pockets) |
| | flour |

Nutrition Facts

Serving Size 1 sandwich (480g)
Servings Per Container 4

Amount Per Serving

Calories 420 **Calories from Fat 150**

% Daily Value*

Total Fat 16g **25%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 380mg **16%**

Total Carbohydrate 56g **19%**

Dietary Fiber 4g **16%**

Sugars 9g

Protein 13g

Vitamin A 2% • Vitamin C 8%

Calcium 20% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories: 2,000 2,500

Total Fat Less than 65g 80g

Saturated Fat Less than 20g 25g

Cholesterol Less than 300mg 300mg

Sodium Less than 2,400mg 2,400mg

Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Instructions

1. Put beans and water in large pot and soak by the overnight or [quick-soak method](#).
2. Cook until tender, about 2 hours. Add more water if necessary. Drain.
3. Slowly heat oil and sauté garlic and onion until tender (5 to 7 minutes).
4. Mash cooked beans, sautéed vegetables, parsley, salt, lemon juice and hot pepper sauce until smooth.
5. With floured hands, form ovals with bean mixture (about 1/4 cup each). Roll in flour.
6. Fry falafel, with the remaining oil in skillet, until golden brown. Drain on paper towel.
7. Combine yogurt with remaining onion.
8. Serve falafel in pocket bread topped with yogurt.

Cost

Per recipe: \$5.69

Per serving: \$1.42

Source

Washington State WIC Program, [The Bold and Beautiful Book of Bean Recipes](#)